

## Meditation Retreat Nepal

Meditation is a practice where an individual uses a technique, such as focusing their mind on a particular object, thought to achieve a mentally clear and emotionally calm state. ([Wikipedia](#)) Meditation is the act of thinking about something very carefully and deeply for a long time remaining in a quiet and tranquil state over a period of time. Meditation is a state of thoughtless awareness and not any type of exercise, mental effort. So, meditation is done in isolated area where the disturbance and interruption is less. This means Nepal is the right place to meditate else than nowhere being best in [Meditation Retreat Nepal](#). Exploring beauty of nature and greenery alongside beautiful Himalayas would be the perfect choice to practice meditation inhaling fresh oxygen in the lap of Mother Nature. That is why so many people who sometime in their life visit Himalaya feel amazing and positive.



The pleasant sound of flowing river is mesmerizing and enchanting. It brings your mind completely centered to present state not worrying about future and thinking of past. Being second richest country in water resources globally you can find rivers, fountains and streams flowing. Nepal has become an ideal hub for those who are seeking for sacred, pleasing,



divine experience and the meditation tourists are almost equal to those who come for trekking in Nepal. As a result tourists will find a way of treatments in Nepal that tackle to rejuvenate mind, body and spirit associating through **Meditation Retreat Nepal**. Nowadays, tourist comes to Nepal as much for spiritual and devotional wisdom as for the mountains and Himalayas.

## Benefits of Meditation:

### Helps reduce Stress

Meditation reduces stress so is the reasons many people opt for meditation. Physical and mental stress cause increase in cortisol, stress hormone which have negative effects such as disturbance in sleep, depression, anxiety and increase of blood pressure. Study shows meditation reduces stress in individuals possessing high level of stress.



### Controls Anxiety



Meditation is ahead in diminishing anxiety and anxiety disorders, like phobias, social anxiety, panic disorder and paranoid thoughts. Meditation along with [Yoga](#) has been shown to help people lowers anxiety.

### Improves sleep

Study shows that people who meditate fall asleep faster and gets quality sleep. As quality sleep can improve concentration and reduces heart diseases & strokes improving immune system.



### Promotes emotional health and mental strength



Focusing on a particular thing controlling mind through meditation, benefits emotional health and increases mental health.

### Helps controlling pain

It helps reduce mental and physical pain better than morphine. *Wake Forest Baptist center* conducted an experiment where 15 healthy volunteers were introduced to meditation, showed up to learn meditation, attend for 20 minutes meditation class focusing on the breath. Both before and after meditation training, brain activity was examined of participants using ASL MRI, while pain was inflicted



in them by using heat. *“Found a big effect – about a 40 percent reduction in pain intensity and a 57% reduction in pain unpleasantness. Meditation produced a greater reduction in pain than even morphine or other pain-relieving drugs, which typically reduce pain.”* ([Huffington Post](#))

### Raise Self-awareness, learning and ability to focus in spite of distraction



Long term practice of meditation improves thinking capacity enhancing self-awareness, learning including rapid memory recall. Moreover it increases the ability to focus on a particular thought regardless of distraction.

### Generates kindness

You can perform various type of meditation, while some of them may particularly increase positive feeling and action in yourself and others. Through practice, people learn to extend their kindness and forgiving capability towards other people.



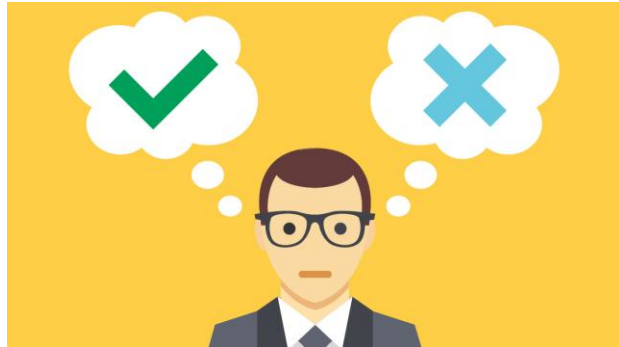
### Helps fighting against addictions



The self-awareness and learning you establish through meditation helps you fighting against addictions and decline dependencies. As meditation helps develop will power and increase understanding of the causes behind their addictive behaviors.

### Improves ability to make decisions

Your mind is not conducive to decision making when it is jumbled with thoughts. Meditation helps to calm down. Mindfulness meditation help you make strong small and big decisions by improving the better functioning of brain.



### Improves memory and creativity



Results have shown practicing meditation also improves memory empowering ability to memorize things and reinforce new information thus, increases creativity.

Meditation has positive impact on health. Everyone can do to improve their mental and emotional health. You don't need any equipment but your environment may matter. You also do not need any special memberships. In substitute you can get support in **Meditation center in Kathmandu**. Meditation should be one's daily routine to improve quality of life even if you have to practice few minutes every day.

Please join us at [Nepal yoga home](#) for a cultural, spiritual and relaxing homely journey in Nepal.